



MILWAUKEE COUNTY  
Department on Aging

# MILWAUKEE COUNTY SENIOR DINING INDIAN COUNCIL OF THE ELDERLY

944 N. 33<sup>rd</sup> STREET  
FOR CURBSIDE PICK-UP

## MAY



MONDAY	THURSDAY	FRIDAY
Egg Salad <b>3</b> 7-Grain Bread Broccoli Carrot Raisin Salad Fruit Cocktail Blueberry Muffin	Chicken Salad <b>6</b> Wheat Bread Black Bean Salad 🍊 Orange Juice Snickerdoodle Cookie Fruit	Roast Beef w/Mayo <b>7</b> Whole Grain Bread Creamy Coleslaw 🍷 Apple Cherry Juice Rice Krispie Treat Banana
Submarine Sandwich <b>10</b> w/Mayo Whole Grain Bun Cucumber Salad Chips Peaches Fruited Yogurt	Roast Beef Spread <b>13</b> w/Mayo & Horseradish Whole Wheat Roll Veggie Pasta Salad String Cheese Mandarin Oranges M & M Cookie	Chopped Fajita Salad <b>14</b> <i>Chicken, Lettuce, Olives, Tomato, Green Peppers, Ranch Dressing</i> 🍷 Fruit Punch Cornbread Strawberry Yogurt
Chicken Salad <b>17</b> Whole Grain Bread Kidney Bean Salad Grape Tomatoes Cottage Cheese Oatmeal Raisin Cookie	Sliced Turkey w/Mayo <b>20</b> Oatmeal Bread Garden Salad/Dressing Pickled Beets Pretzels Cinnamon Applesauce	Seafood Pasta Salad <b>21</b> Garlic Breadstick Marinated Vegetables 🍊 Orange Juice Vanilla Pudding Fresh Fruit
Ham & Swiss <b>24</b> w/Mayo Italian Bread Red Cabbage Slaw Fresh Orange Lemon Meringue Pie	Tuna Salad <b>27</b> on Leaf Lettuce Tomato Slices, Cucumber Croissant Sun Chips Melon Wedge	Tuscan Tortellini Salad <b>28</b> <i>Cheese Tortellini, Salami, Pepperoni, Spinach, Olives, Mozzarella, Parmesan</i> Sesame Bread Marinated Bean Salad Chocolate Chip Cookie
<b>CLOSED</b>  <b>Memorial Day</b> <small>REMEMBER AND HONOR</small>	<b>31</b> 	<b>RESERVATIONS REQUIRED</b> 9:30 - 11:30 24-HOUR NOTICE <b>(414) 933-1401</b>

**60+**  
Suggested Contribution **\$3.00**

# OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021



## Communities of Strength

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Milwaukee County, as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges.

When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, we will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.



### LOOK FOR JOY IN THE EVERYDAY

Celebrate small moments and ordinary pleasures by taking the time to recognize them.

- Start a gratitude journal
- Share a happy moment with someone
- Say Thank You



### REACH OUT TO NEIGHBORS

Creating and maintaining neighborly connections keeps us safe and strengthens our communities.

- Leave a small gift on doorstep
- Offer to help with chores
- Share flowers or veggies from your garden



### BUILD NEW SKILLS

★ Have a skill you are willing to share? Reach out to teach others!

Learning a new skill exercises the brain, improves mood and can foster new relationships.

- Take an online art class
- Join an outdoor yoga lesson
- Learn to identify constellations



### SHARE YOUR STORY

Recognize the value of storytelling & contribute your experience to this time-honored tradition.

- Ask others to share their story
- Initiate conversations that invite others to engage

## Ask the Dietitian

MILWAUKEE COUNTY SENIOR DINING

Gaylyn Reske RDN, CD

Call to Submit Questions or Schedule a Consultation.

(414) 289-6995

While there is no charge for our Senior Diners, Contributions are always welcome.



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